



Indiana

One person who chooses to be an organ and tissue donor can save and heal up to **83 lives**.





Common Donation Vocabulary

Organ and Tissue Donor:

Someone who died and was able to donate organs to save up to eight lives and tissue grafts to provide healing for up to 75 others.

What can be transplanted?

- ▶ Kidneys (two)
- ▶ Lungs (two)
- ▶ Heart
- ▶ Liver
- ▶ Pancreas
- ▶ Small intestine

Tissue transplants include:

- ▶ Bone grafts for cancer patients
- ▶ Skin grafts for burn victims
- ▶ Ligaments to restore mobility
- ▶ Heart valves for blood flow
- ▶ Corneas to restore sight

Common Donation Vocabulary

Recipient:

A person who receives the gift of an organ or tissue transplant from a donor hero.

- A recipient is given a second chance to walk, dance, travel and even run again.

Transplant Waiting List:

The national list of people waiting for a lifesaving organ transplant.

- There are over 100,000 people awaiting a lifesaving transplant.



Common Donation Vocabulary

Recovery:

A surgery to remove lifesaving organs and tissue grafts for transplantation.

□ Recovery happens in an operating room after a donor has died.



Now, let's get started!

What does it feel like to wait for an organ transplant?

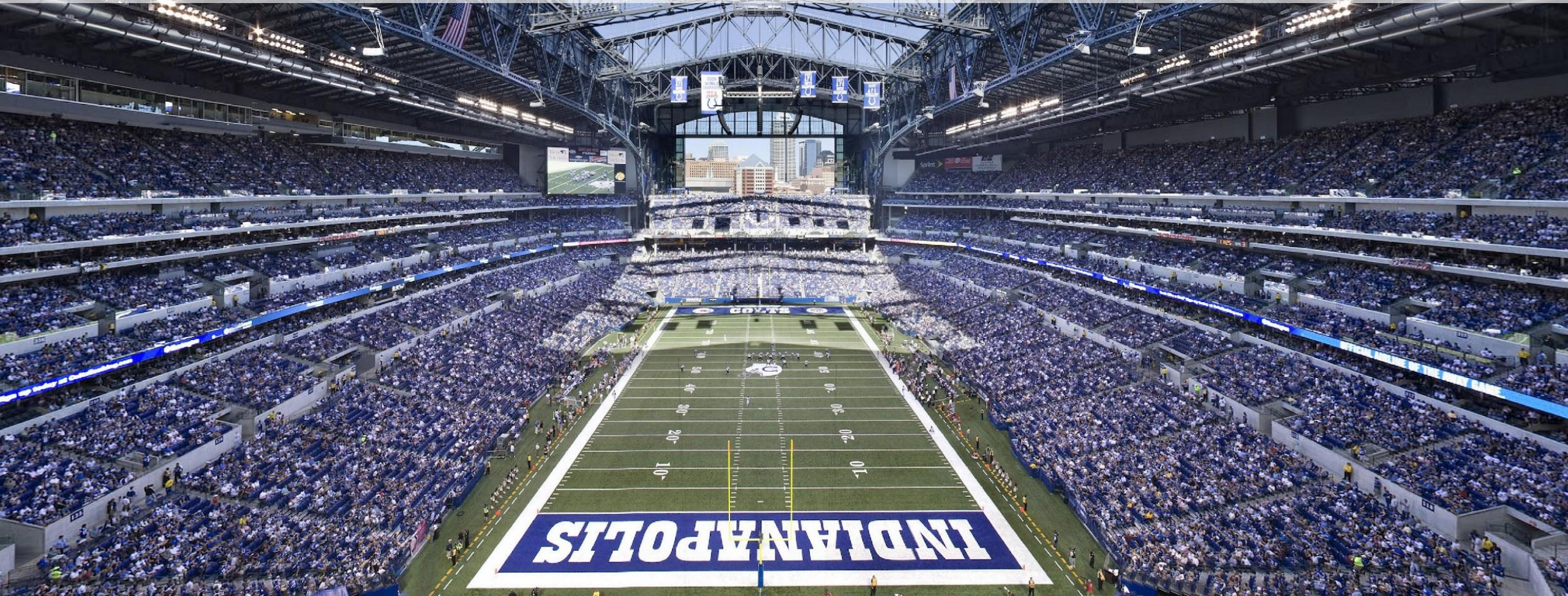


The following activity will simulate what it feels like to wait for a lifesaving lung transplant.

- Find a plastic or paper drinking straw.
- Pinch the straw almost closed with your fingers, so only a small amount of air can pass through it.
- Use your fingers to hold your nose closed.
- Breathe in and out through the pinched straw for 30 seconds. (Stop immediately if you feel light-headed.)
- Imagine breathing this way for weeks, months, or years while waiting for a lung transplant!



**There are over 100,000 adults and children waiting for a
lifesaving organ transplant –
enough people to fill
Lucas Oil Stadium almost two times!**



Click on the link below to hear from Indiana recipients who have waited on the waitlist.

For videos to play,
you must be in slide show/presentation mode before clicking.

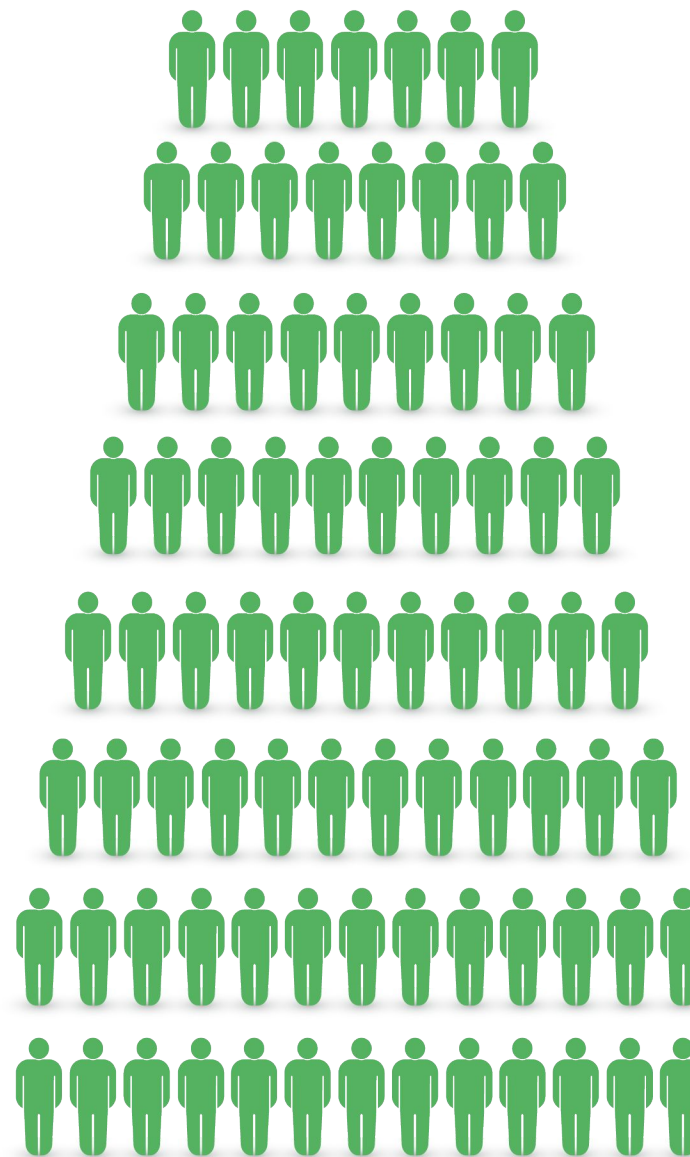
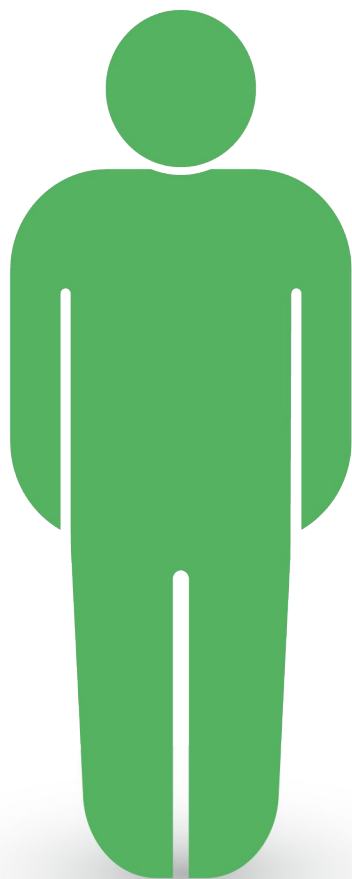
[Teens waiting on a heart transplant](#)





How can I help?

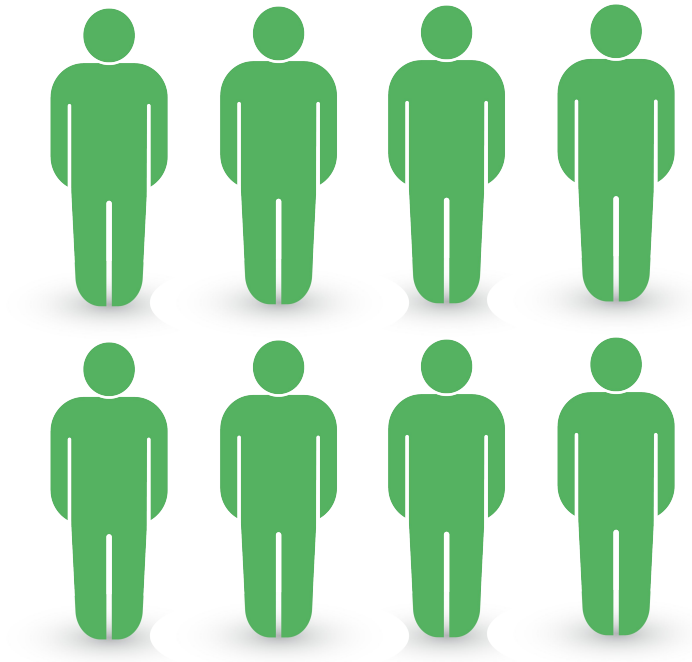
- ▶ Talk to your family about organ and tissue donation.
- ▶ Educate others about this important topic.
- ▶ After discussing with your parents, think about if you want to sign up to be a donor.



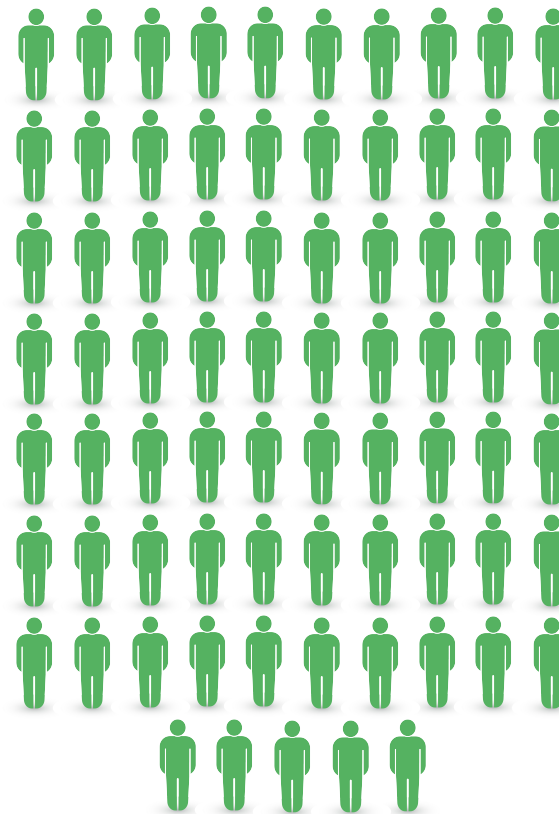
**One donor
can save
and heal
up to 83
lives**



**Eight lives through
organ donation**



**75 others through
tissue donation**





Using the pictures below, can you name the eight lifesaving organs that a donor can donate for transplant?

Two of the organs come in pairs.



KIDNEYS (2)



HEART



LUNGS (2)



PANCREAS



LIVER



SMALL INTESTINE

(Click to advance the slide and see the correct answers.)



Imagine what it would feel like if you needed a cornea transplant. The left side simulates that feeling.

A person who chooses to be a tissue donor could heal up to 75 people through donation of corneas, bone grafts, skin grafts, veins, and heart valves.



What now?



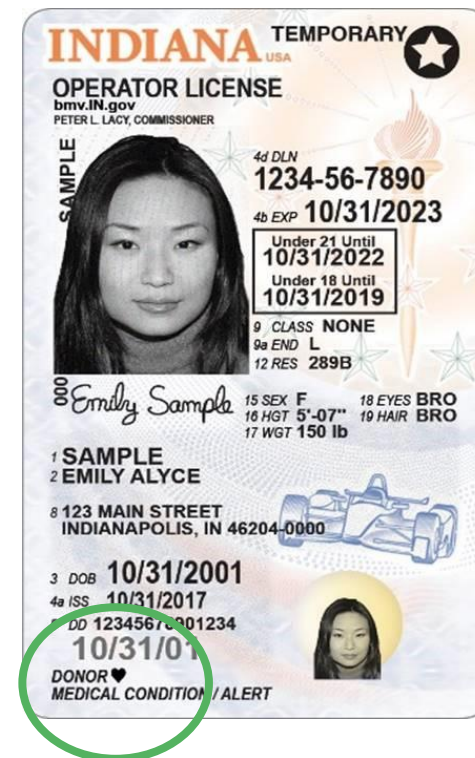
Be an Advocate for Donation

- ▶ Start a Student Organ Donation Advocate Club at your school.
- ▶ Run a registration drive to sign up new organ donors.
- ▶ Have your next project be about organ donation.



Think About Signing Up

- ▶ At a license branch (BMV).
- ▶ Online at DonateLifeIndiana.org.
- ▶ On the “Health” app on an iPhone.





Visit Donate Life Indiana's YouTube channel to watch more real-life Indiana donation and transplantation stories.

**For videos to play,
you must be in slide show/presentation mode before clicking.**
<https://www.youtube.com/user/donatelifelifeindiana/videos>



Want to learn more? Click on each link below.

**For videos to play,
you must be in slide show/presentation mode before clicking.**

- Donation process
- Donate Life Indiana
- Sign up on the Indiana Registry
- U.S. government information



Do you have questions, want additional resources, or know someone interested in booking a free Donate Life Indiana speaker?

Visit donatelifeindiana.org/teachers.